



**CORRIEYAIRACK
PASS**
always a challenge!

**Welcome to the 17th Corrieairack
Challenge**

This newsletter contains all the required information that you will need to ensure your day runs as smoothly as possible. Please read through the information carefully!

Your fundraising efforts are much appreciated and we hope that by using Just Giving, fundraising is easier for you! If you haven't set up a page then visit:

www.justgiving.com/badaguish

Everybody at Badaguish wishes you the best of luck with your challenge and look forward to welcoming you on the day.

Kind Regards

Angela Orriss – Event Admin

REGISTRATION & START TIMES

On arrival in Ft Augustus all competitors will be required to **Register at the main Fort Augustus Car Park**. Here you will collect your competitor number, safety pins and timing chip.

You must also hand in your sponsor form with your pledged amount completed in the box on the rear of the form. **Please do not bring any sponsor money.**

Your form will be taken and processed and sent back to you immediately after the event.

The Organisers at Badaguish **must** be notified of any withdrawals, substitutes or changes in race category or team details before **Noon on Tuesday 30th June** after this any last minute changes will be dealt with at the **'Changes' table** at the Start Registration. **Note: Last minute changes may exempt teams from awards. DEFINITELY NO ENTRIES ON THE DAY**

| <u>CATEGORY</u> | <u>REGISTER</u> | <u>START</u> |
|---|-----------------|--------------|
| Mountain Bike, Walk and Cycle Walk Only | 8.30 - 9.00 am | 9.30 am |
| Run and Cycle (Duathlon) | 9.30 - 10.45 am | 11.00 am |

Toilets, Limited Changing Facilities and Parking are available at the Event Registration Point at Fort Augustus Main Car Park.

The Event Start is in front of the Abbey and will be clearly sign posted.

From the start all **Competitors Bags** will be transported back to Kincaig after the 11.00am start. All bags must be placed on the nominated bus and **clearly labelled with your competitor number**

CORRIEYAIRACK CHALLENGE

SATURDAY 4th JULY 2009

JUNE NEWSLETTER & FINAL INFORMATION

TRANSPORT FROM KINCRAIG TO THE START

Competitors:

- **7am Bus: Mountain Bike, Walk and Cycle and Walk Only Categories:**
- **8am Bus: Run and Cycle Category only**
- **All buses: depart from Kincaig Village Hall**
- **The marshals will direct all competitors to their allocated bus.**
- **You must only get on the bus for your category**

Bikes:

- **ALL BIKES in EVERY CATEGORY are to have their individual competitor 'Bike Number' clearly displayed on the front of their bike.**
- **Bike Numbers will be available to competitors at the bike loading and at Registration in Fort Augustus**
- Numbers must be fitted to bikes before they are loaded on lorries and **must** be displayed throughout the event. **At the start registration, Bikers will be given (and must wear) their matching individual competitor number.**

Bike Loading:

- **Bike Loading will be**
- **Fri 3rd 6.00pm-10.00pm (all categories)**
- **Saturday 6.00am-6.30am (MTB category)**
- **Saturday 6.00am-7.45am (R/C and W/C category)**
- **The MTB lorry will leave from Kincaig at 6.45am on Sat Morning to Fort Augustus.**
- **The Changeover Lorry will leave from Kincaig at 8.00am on Sat Morning to Garva Bridge.**

Note: Mountain Bike Category can only change wheels/tyres at Garva not Bikes

- **Any wheel/tyre changes or changeover baggage must also go on the 8.00am lorry. All equipment must be marked with competitor's numbers.**
- **Bags, pumps, bottles, helmets etc must all be clearly labelled and firmly attached to bikes**
- **All changeover bikes, bags and wheel/tyre changes **MUST ONLY** go on official lorry transport (**NO** unofficial supporters cars at Garva Bridge changeover)**

Note: At the finish, bikes will be racked in Zones – please make sure you know where you bike has been racked. Bike security after the event will be your own responsibility

THE ROUTE (43m: Start - Garva 17, Garva- Kincaig 26)

Marshalled Water stations on the hill section...

- at the Deer Fence (approx 2.5m)
- at Blackburn (approx 5.5m)
- at Uchdachan Burn (approx 7m)
- at the Summit (approx 10m)
- at Melgarve (approx 13.5m)
- at Garva Bridge Changeover (17m)

Marshalled Water stations on the road cycle section...

- at Laggan junction (approx 23.5m)
- at the level crossing in Kingussie (approx 33m)
- at the finish at Kincaig (43m)

There are also manned radio check points across the whole route – please give your competitor number when asked



SAFETY INFORMATION

Road Marshals and Signs: are provided at each major road junctions/crossings i.e. Ardachy, Laggan, Newtonmore, Kingussie, Loch Insh & Kincaig – please follow their instructions

Cattle grids: the first part of road cycle section will have only **partial covers** (approx. 1/2 road width)

Water/Snacks: You should carry enough to be self-sufficient! **Due to litter complaints**, please do not use energy bar refreshments with disposable wrappers.

Track/Road conditions: the hill has some steep, rocky and eroded sections (which are very technical for bikers) and requires great care. Some minor repairs will be carried out prior to the event, but unless your extremely confident and skilled expect to get off your bike in some places. The road sections are all in good condition with some undulating areas.

Railway Crossing: The cycle route includes a railway level crossing, which may be closed for several minutes when trains pass - be prepared to wait

Cairngorm Mountain Rescue Team: The CMRT Vehicle will be located at the bottom of the Zig Zag section.

A Full safety update will be posted on the website.

Strict rules for your safety.....

- Remember – **No helmet: No Cycle!!**
- Display your event number **clearly** at all times, know it, and be prepared to shout it out when asked
- Pay **strict** attention to marshals and the route-marking
- Stay on the hill track where possible, observe the Country Code and take care - erosion and flood damage have made certain sections of the Pass **very difficult**
- Walkers must plan to be at Garva **BY 4PM** or accept a lift and allow hill-safety stations to stand down.
- Road Cyclists must be aware of other road users
- If you have a **known Medical Condition**, please write the details on the back of your competitor number at Registration and mark **the front with a large X**.(pens will be available)

COMPETITOR NUMBERS

| <u>Category</u> | <u>Numbers</u> | <u>Colour</u> |
|----------------------------|-----------------------|----------------------|
| Run and Cycle | 001 - 299 | Red |
| Walk and Cycle | 300 - 499 | Green |
| Mountain Bike | 500 - 699 | Blue |
| Walk Only | 700 - 799 | White |
| Last Minute Changes | 800 - 899 | Yellow |

- **GOLDEN RULE:** If you withdraw or retire or are injured after the Start for any reason, you **MUST** contact and inform the Finish Event HQ via an Organiser or marshal **as soon as possible**
- Drink/Eat frequently – keep hydrated
- **Be aware of the weather, terrain, environment and your personal condition/limits at all times and act accordingly. Allow for changing conditions. Dress or change kit appropriate to weather conditions**

CAMPING ETC

Free camping is available near the Kincaig Fete field from the Friday afternoon until Sunday morning. Please call us if you want to camp as space is limited.

THE FINISH – KINCRAIG VILLAGE FETE

Finish Line: after coming up the 'Brae' at Kincaig, road marshals will direct cyclists straight ahead into the Fete field for the Finish Line. Keep moving through the lines in finish order where you will receive your medal. Walkers coming back on the bus from Garva will be dropped at the Finish line to get their well-deserved medal.

Toilets and Showers: by the Village Hall and also portaloos at the Fete

Massage and Physio: Corrieyairack area of Marquee

Baggage collection: from the Corrieyairack area of Marquee

Free Refreshment & Ceilidh Tickets will be attached to your medal at the finish. Refreshments are available all afternoon.

Presentation of Awards and Prizes 5pm at the Fete

Ceilidh: 9.00 pm till 1am in Fete Marquee. All competitors and team stewards will get a free Ceilidh ticket but please note friends, families and other supporters will have to pay the afternoon fete fee and purchase a Ceilidh ticket.

TEAM SUPPORT PERSON/STEWARDS

We are phoning round now to confirm availability and to allocate and agree your help. If in doubt please get in touch. The choice will be between Fort Augustus Start, Garva Changeover, Road Stewards, Water Stations, Kincaig Finish. Please come fully prepared for a long but good day & all weathers and also remember Team Stewards are there to help **all** teams and not just their own team; **the event is just not possible without the Committed and reliable support from Team Support People** – Thank You

AND FINALLY...

- Please see the website www.corrieyairack.org for more info and latest details or last minute changes
- Still need help? Call the Events Team at Badaguish on 01479 861285 or email angela.o@badaguish.org
- Good luck with the all important sponsorship; for on- line giving see www.justgiving.com/badaguish
- **To ensure a safe, smooth and enjoyable weekend for everyone please be patient and co-operate with the organisers**
- **Enjoy your day and good luck to everyone!**

Best wishes!

THE EVENT TEAM!

